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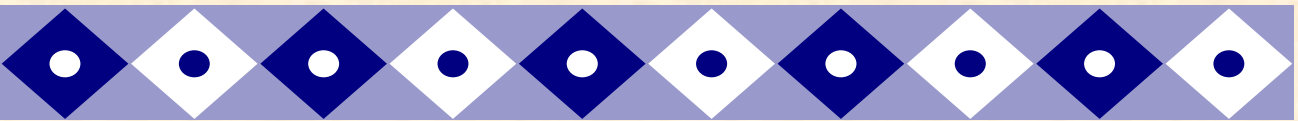


CROSSROADS
**Caring
for
Carers**

Autumn Newsletter 2008 Edition 3

Carers Training and Information news

**Wigan and Leigh Crossroads
Unit 18 St Helens Technology Centre
Waterside Court
St Helens
WA9 1UA
www.crossroadswiganandleigh.org.uk**



Welcome to our 3rd Edition Autumn Newsletter, we hope you enjoy it.

We are pleased to announce the launch of our new Crossroads Wigan and Leigh website.



www.crossroadswiganandleigh.org.uk

The website will be regularly updated to keep you informed of up and coming training opportunities, we hope you enjoy our new website and find the information useful. If you have any information you feel may be of benefit to other unpaid Carers please let us know and we will endeavour to have it included on the website or included in our next newsletter.

We are also in the process of moving to our new office, which is based in Hindley to give us a more central location.

Our new address will be:
Tudor House Community Centre
8 Liverpool Road, Hindley, Wigan, WN2 3HD

Since our last newsletter we have successfully held several different types of training and currently have quite a lot of training planned for the future months, please refer to our website for more details.

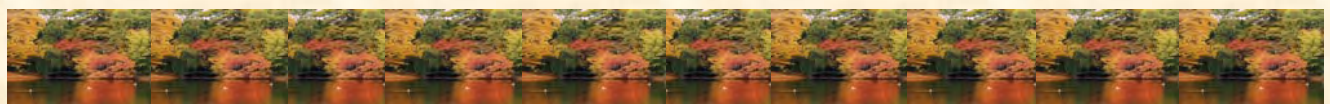
Best Wishes from Heather, Lynda & Pauline



IMPORTANT NEWS FOR UNPAID CARERS

On 11th February 2009 we will be holding a Carers Day event (venue to be confirmed) this event is being held to give unpaid Carers an opportunity to share with us what types of training you have enjoyed, what training you would like to be available and also any barriers which may prevent you from taking part. This will be your day and your opportunity to come along and steer us in the right direction, there will also be a buffet lunch and some display stands to demonstrate the different types of training available.

Please refer to website for updated information or to request your place contact Pauline: 01744 612929



Family and friends are hidden treasures, seek them and enjoy the riches: Wand Hope Carter

News Flash

On the 6th of August 2008 in conjunction with the MS Society and the MS Trust the MS Regional Therapy and Support Group launched the "Info Point" one of three in the northwest. The info point is based at the Ince Community Centre, Manchester Road , Ince, Wigan WN2 2DT. It is a facility designed to provide good clear and accurate information for all of those affected by MS, this facility will be available when the centre is open via leaflets and booklets.

Access to the internet for current up to date information from reliable sources and information guidance and signposting will be available when the therapy centre trained volunteers are there (three mornings a week.)

The information comes in many formats and languages and is designed to be user friendly. The trained volunteers will listen and furnish you with as much or as little information that you feel you can deal with, it is important to realise you are not on your own.

Sharing information, (not personal information), between the Info Point centres enables them to make sure they are providing up to date and most sourced information, it is important that a consensus is maintained in all Information Point Centres.

The info point is manned
Monday 9.00 a.m. to 12 p.m.
Wednesday 9.00 a.m. to 1.30 p.m.
Thursday 9.00 a.m. to 1.30 p.m.

Reebok Stadium—Bolton

On November 20th there is an event being hosted at the Reebok Stadium which is called
KIDZ UP NORTH

This event is one of the only UK exhibitions dedicated to disabled children, their families and the professionals who work with them.

Heather and Lynda will be attending this event both as stall holders to promote Crossroads Wigan and Leigh and are also booked to be guest speakers on the day. If any of you are attending, please seek us out and come and have a chat with us, it would be lovely to see you.



Calling Young Carers

On 20th February to 22nd February '09 we are hoping to be able to offer places to young Carers between 11 & 19 years of age to attend a weekend away activity break at Lakeside.

If you are interested in going on this adventure weekend you can ring Pauline to put your name on the list: 01744 612929



Faith is taking the first step, even when you don't see the whole staircase

—Martin Luther King Jnr

Crossroads Word Search Competition

Prize is a **STEAM CLEANER**

If you're an unpaid Carer you are eligible to enter our Word Search, entries need to be posted to our office, (address details are on the back page of the newsletter) the deadline for entries is Friday 12th December when a winning entry will be drawn. **Good Luck**

Name: _____

Address: _____

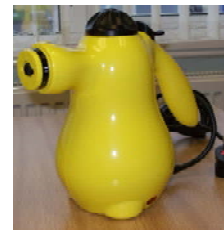
Postcode: _____

Contact telephone number: _____

Would you like to receive future copies of our newsletter? Yes No

Please Note: Your details will not be passed to any other organisation/company, your details will only be held by Crossroads Wigan and Leigh for the purpose of the Newsletter.

T	T	M	O	N	G	K	H	H	B	A	E	E	B	R
E	P	H	W	A	X	E	O	T	O	F	I	R	E	C
A	I	O	N	N	A	S	A	M	E	R	V	L	W	N
L	A	T	E	R	R	A	T	R	E	A	S	O	T	M
I	G	N	I	N	R	U	B	A	C	N	L	A	D	I
G	H	T	E	R	R	C	N	W	E	G	Y	E	E	S
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T	O	K	T	I	A	T	T	N	I	E	N	P	U	N
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N	U	H	O	D	T	E	D	T	I	P	E	E	L	R
H	E	D	T	S	D	R	S	E	C	O	A	W	T	W



Words to find:
 BURNING, CANDLE,
 GLOW, HEAT, HOT,
 LAMP, LANTERN,
 LIGHTER, MATCH,
 PARAFFIN, SCONCE,
 TEALIGHT, WARMTH,
 WAX, FIRE



The Winner of the Word Search competition from newsletter edition 2 was Audrey Langton of Goose Green Wigan

Inset:
 Pauline our Administrator presenting Audrey with her winning gift - an Uncle Joes Mint Balls gift set kindly donated by Santus Toffee Works, Wigan

Our best wishes and congratulations to Audrey

Recent Training

The Alzheimer's group which meet up the first Thursday in every month at Sunshine House, Scholes, have just finished a 6 session course of jewellery making. The sessions have been enjoyable and much fun has been had by everyone.



If you belong to a group and think this is something you would enjoy please contact us and we will be pleased to arrange this for you (or any other type of course you may be interested in.)

Are you a young Carer?

Do you want to become part of our Young Carers Media Group

If this is something you would be interested in you could help us produce a page of our next newsletter which would be dedicated to young Carers and contain jokes, letters etc.

- Are you good at art?
- Are you good at taking photographs?
- Are you interested in media studies?
- Would you like to visit the BBC or a radio station?
- Would you like the opportunity to build up your Record of Achievement/CV



If you are interested in joining our Young Carers Media group; please ring us or fill in the form below and post it to us. (Contact details on back page)

.....

I am interested in joining your Young Carers Media group.

My name is: _____

My address is: _____

Postcode: _____

Telephone number: _____

If you don't want to be a Media Volunteer but would like to submit a story or photograph please contact us (contact details can be found on the back page of the newsletter.)

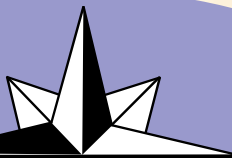
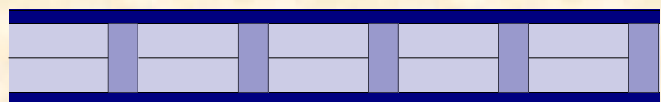


Wheelchair Manoeuvring Training was provided on 30th June and proved to be a very informative and beneficial day for the Carers who attended. The feedback from the session was very positive.

If you would like to attend this type of training in the future please let us know.

Feedback Received:

- Excellent course taught me to give a lot more respect to wheelchair users.
- Found a lot of the points very useful.
- An increased awareness of 'safer' techniques and impact on the person who is being supported.
- Ability to negotiate kerbs, doors, lifts also lifting of wheelchair into boot of car.



On Saturday 18th October we arranged a taster day for unpaid Carers at Pensions Link.

This included a flower arranging demonstration, a card making demonstration, and an insight into digital photography, also included was information on keeping healthy.

The day was well attended and enjoyed by everyone.



Some of the Carers making Christmas table decorations



Visual Awareness Training



On October 16th we held a Visual Awareness Training Session for the Think Ahead Community Stroke Group.

This training was very well attended and proved to be both enjoyable and informative.

We would like to offer our thanks to Eileen and Jeanette who work voluntarily for the Guide Dog Association and facilitated the training.

And of course last but not least our thanks to the fantastic Guide Dogs!!



Volunteer Opportunities

Crossroads Wigan & Leigh have several volunteer opportunities for individuals with caring experience. We are currently looking for volunteers who would be willing to support carers in accessing training, accompanying carers to training, supporting tutors who provide training, supporting staff, volunteers and carers at various events. We are looking for volunteers who will understand the carers needs, empathise and encourage carers to take a break and do something for themselves. The aim of this project is to promote learning for equality and inclusion for carers and by volunteering you can help us reach our goal.

We offer:

- Volunteering opportunities in your local area
- Out of pocket expenses
- Training
- Supervision
- The opportunity to build existing skills and social network
- The opportunity to make new friendships

We ask:

- You to set the days and times you wish to volunteer
- You to inform us (with notice where possible) if you are unable to attend for any reason
- That you share your skills and experience with other carers and staff
- That you enjoy your role and feel valued as a volunteer

If you would like further details please ring for an informal chat :

Heather: 07973300426

Pauline: 01744 612929

Lynda: 07973257332

Or forward the slip below for information and an application form:

.....
Please forward me information/application pack for volunteering

Name _____

Address _____

Postcode _____ **Tel No** _____

Please post to:

Crossroads Wigan & Leigh

Tudor House Community Centre, 8 Liverpool Road, Hindley, Wigan, WN2 3HD

Empower yourself, volunteer and help to empower others

FREE TRAINING

If you are an unpaid carer and would like to access Free Training please let us know. The training can be accredited, vocational or non vocational. Crossroads Wigan & Leigh offers a wide range of training opportunities some examples are given below. However, if the type of training you would like to access is not listed please fill in the section for non listed training and we will see if we can arrange this for you. When we have enough names for a particular type of training we will arrange it and contact you with the details.

Examples of training available:

Alternative Therapies:

- Intro to Indian Massage
- Intro to Holistic Therapies



Please tick to indicate any training you are interested in and return the form to Crossroads Wigan & Leigh (address can be found on the back page of the newsletter.)

Non Vocational:

- Intro to Make up
- Winter Hanging Baskets
- Jewellery Making
- Intro to Gardening
- Intro to Wine Tasting
- Digital Photography—beginners



If there are any types of training you would be interested in which are not listed please let us know:

Types of training I would like are:

NVQ's:

- Computer Studies
- Business Studies



- 1, _____
- 2, _____
- 3, _____
- 4, _____
- 5, _____

General:

- First Aid Awareness
- Internet and Email
- Researching your Family Tree



Specialised:

- Wheelchair Manoeuvring
- Sign Language level one
- Managing Difficult Behaviour
- Child Protection Awareness



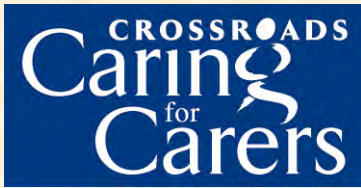
Name:.....

Address:.....

Postcode:.....Tel No:.....

Would you like to receive regular copies of our newsletter? Yes No

Please note: your details will not be passed to any other organisations or companies.



Registered Charity Number: 282102

We do hope you have enjoyed our 3rd edition newsletter, if you have any information you think would be of value to other Carers please let us know and if we have space in our next newsletter we will endeavour to include it.

Our Contact Details:

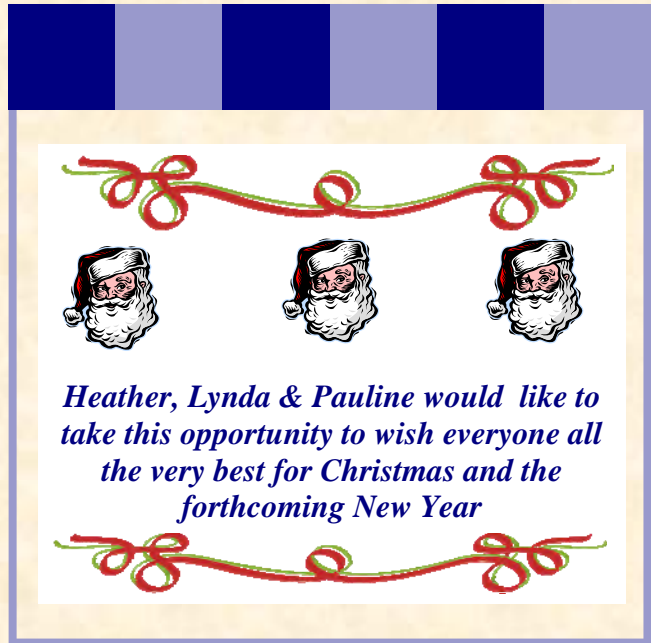
**Crossroads Wigan and Leigh
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Pauline Middlehurst - Project Administrator
Tel: 01744 612929
Email: pauline.middlehurst@sthelenscrossroads.org.uk

Web: www.crossroadswiganandleigh.org.uk



“Learning for Equality & Inclusion for Carers”



“Don’t walk in front of me; I may not follow. Don’t walk behind me I may not lead. Just walk beside me and be my friend”

Albert Camus